About tomatoes

By Shirley Walton
Extension Agent

Tomatoes

Gardens are very good in Appomattox County and tomato canning time is here again. Look for tomatoes which are well formed, smooth, well ripened and reasonably free from blemishes.

Avoid overripe and bruised tomatoes, tomatoes with sunburn (green or yellow areas near the stem scar) and growth cracks) deep cracks around the stem scar). Avoid decayed tomatoes which will have soft, water-soaked spots, depressed areas or surface mold.

A bushel of tomatos weighs about 53 pounds and will yield approximately 18 quarts of canned tomatoes.

Canning Tomatoes

Wash tomatoes. Loosen skins by dipping tomatoes into boiling water for about ½ minute; then into cold water. Skins should slip off easily. Remove stem scar and core. Leave tomatoes whole or cut into halves or quarters. Be sure to remove the blossom end. This can cause spoilage.

RAW PACK: Pack tomatoes to ½ inch of top pressing gently to fill spaces. Tomatoes will make their own juice. Do not add water as it dilutes the flavor. Add ½ teaspoon salt to pint jars; 1 teaspoon to quarts. Remove air bubbles by running spatula or knife between jar and food. Ajust jar lids.

Process in boiling water bath canner (212°F.):

Pint jars.....35 minutes
Quart jars....45 minutes

HOT PACK: Bring tomatoes to a boil; stir to keep from sticking. Pack boiling hot tomatoes in jars leaving ½-inch headspace. Add ½ teaspoon salt to pint jars; 1 teaspoon to quarts. Remove air bubbles by running spatula or knife between jar and food. Adjust jar lids.

Process in boiling water bath canner (212°F).

Pint jars.....10 minutes
Quart jars....10 minutes

Canning Tomato Juice

Wash tomatoes, remove stem scar and core and cut into pieces. Simmer until softened: stir frequently to keep from sticking. Run through food mill, colander or strainer. Add 1 teaspoon salt for each quart of juice. Bring juice to a boil.

Pour boiling hot juice into jars leaving ½-inch headspace. Adjust jar lids.

Process in boiling water bath canner (212°F.)

Pint jars.....10 minutes
Quart jars....10 minutes

Tomatoes have always been classified as an acid food which can be safely processed in a boiling water bath canner. Some newer varieties of tomatoes are less acid and there is some question as to whether they are sufficiently acid to prevent bacterial growth. Some authorities have recommended adding small amounts of acid (½ teaspoon lemon juice of ¼ teaspoon citric acid per acidity. A small amount of granulated sugar may be added to offset the tarter flavor.

Freezing Tomatoes

It's still not possible to freeze fresh whole tomatoes for fresh use.Freezing and subsequent thawing cause loss of the characteristic texture of the fresh tomato. Stewed tomatoes and tomato juice can be frozen satisfactorily and are delicious in stews, spaghetti sauces and soups.

To freeze stewed tomatoes, wash, remove stem scar and core and halve or quarter. Cover and cook until tender, about 10 to 20 minutes. Set pan containing tomatoes in cold water to cool or pack tomatoes into containers and set the filled containers in cold water. Leave ½ to 1½ inches headspace--the smaller amount for wide topped pint containers; the larger amount for narrow topped quart containers.

Seal. Freeze; store at 0° F. or below.

To freeze tomato juice, prepare juice as for canning. Add 1 teaspoon salt for each quart juice. Pour into containers leaving headspace as above. Seal. Freeze; store a 0°F. or below.

The small amount of salt used adds flavor but may be omitted.

Food Preservation Tip for the Week

Prepare and cook tomatoes for juice. Place tomatoes, peeling, juice--all in a blender, filling it only *two-thirds full. Blend* for 30 seconds to one minute and your juice is ready to can or freeze. The peelings have become a part of the juice, thus providing more fiber and nutrients.

Many thanks to Brenda Richardson, County Health Nurse, for sharing this easy time-saving tip with us. I used this last year and it is a great idea!

RECIPE OF THE WEEK

Bubble Bread

1 cup milk, scalded
½ cup shortening
½ cup sugar
1 teaspoon salt
1 package dry yeast
2 eggs, beaten
about 3½ cups all-purpose flour
1 cup sugar
2 teaspoons cinnamon
1 cup raisins
1 cup finely chopped pecans or walnuts
½ cup margarine, melted

Combine milk, shortening, ½ cup sugar and salt; cool to lukewarm. Add yeast and stir to dissolve. Stir in eggs. Gradually add flour to make a soft dough; mix well. Knead for 10 minutes on a lightly floured surface. Place in a greased mixing bowl, turning to grease top. Let rise until double in bulk in a warm place.

Combine 1 cup sugar, cinnamon, raisins and pecans; set aside.

Punch dough down and roll with hands into 1½ inch balls; dip each in melted margarine and roll in sugar mixture. Place balls in staggered rows and layers in well greased one-piece, 10-inch tube pan. Sprinkle remaining sugar mixture between balls while arranging. Pour remaining margarine over top. Let rise in warm place until double in bulk. Bake at 350° for 45 to 50 minutes. Invert on serving platter. Yield: One 10-inch coffee cake.

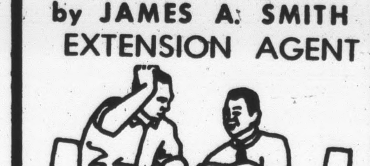
Many thanks to Mrs. Charlotte Jennings for sharing this delicious recipe with us. This is great for a summer breakfast or brunch.

Sprouse graduates

Deborah Kay Sprouse of Dillwyn was recently graduated from Radford University during spring quarter commencement ceremonies.

Ms. Sprouse, daughter of Wallace Sprouse of Sprouse's Corner, received a bachelor of science degree in business administration/management.

Green Peach Aphids reported here



Reports of Green Peach Aphid on tobacco are coming to our office. Growers that use only sevin for insect control tend to have a greater problem with aphids. Sevin is an excellent material, but it does not control aphids and also controls preditory insects that feed on aphids. It's good to change insecticides during the season.

Climatic conditions have also been favorable for aphid build-up. It is important to stop the aphid build-up before heavy infestation occurs making the control much more difficult.

Start the aphid control program when aphids reach 50-100 aphids per leaf on 20% of the plants in the field. Frequently build-up occurs in shady areas first.

If over-the row applications are ineffective or if tobacco is large, drop nozzles should be used to apply insecticides for aphids. Use five to seven solid cone nozzles per row and apply the insecticide in at least 25 gallons of spray mixture per acre.

Following is a rating of insecticides for aphid control - 1= poor, 2 = fair, 3 = good, 4 = very good, 5 = excellent.

Cygon - 4, Thiodan - 4, Azodrin - 4, Orthene-4, Penncap M-3, Lanna te/ Nudrin - 2-3, Diazinon - 3, Malathion - 2.

* * *

Carter Martin has recently been informed that he has been re-appointed to a four year term on the Dark Fire Cured Tobacco Commission. We are pleased to have Carter serve in this important role.

* * *

Once tomatoes come into production Captan is one of the better fungicides to use to prevent blight infestation. It needs to be applied at least weekly.

Blight starts on the lower leaves and stems. There is some value in removing the infected tissue, putting in a paper bag and burning. This gets rid of a lot of organisms that are available to infect other portions of the plant.

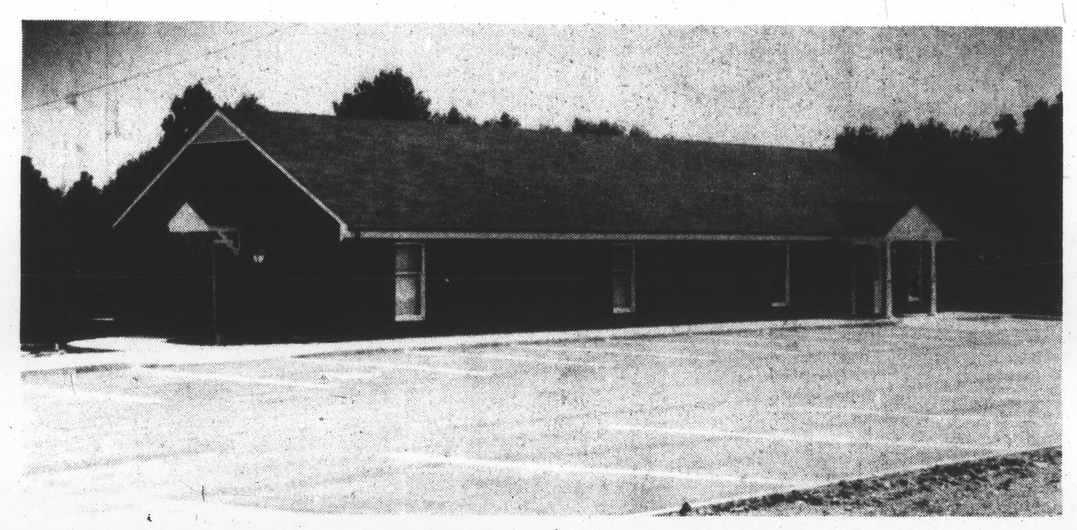
Late July, early August is a good time to get the fall garden planted. Green beans, beets, corn, broccoli, cabbage, cauliflower, turnips, cucumbers will mature before freezing weather.

* * *

Plans have been made for a "Beef Cow/Calf Profit Clinic" to be held at the Lynchburg Livestock Market December 15, 9:30 A.M. This will be an all-day program -- with top-flight speakers. Beef producers should note this date on their calendars now.

Thanks noted

The Carver-Price classes of 1950 thru 1954 would like to thank Mr. and Mrs. Lawrence Tanner of Spout Spring, Va. for hosting the special events in their home.



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Happiness is 4-H

By Frank W. Sweet
Extension Agent

Ten 4-H'ers and four chaperons are in Rock County, Wisconsin this week as a part of the 4-H Interstate Exchange Program. The group left Appomattox early on Tuesday morning of this week and will return on the evening of Thursday, July 29. Participating in the trip are 4-H'ers: Steve Cyrus, Richard Conner, Rose Christian, Terri Nash, Robert Taylor, Marlene Watkins, Dale Glover, Connie Krantz, Karen Stevens and Donna Baldwin. 4-H Volunteer leaders participating are Janet Morgan, Mr. and Mrs. Marvin Glover and Extension Agent, Frank H. Sweet.

Included in the trip plans are a baseball game in Cincinatti between the Reds and the Pittsburg Pirates; a tour of Milwaukee and a visit to Lake Michigan, and involvement in the Rock County 4-H Fair. While in Wisconsin the 4-H'ers from Appomattox will be living with 4-H families in Rock County.

* * *

4-H Camp Evaluation forms have been mailed to those 4-H'ers attending camp at Holiday Lake Camp. 4-H members who received forms are asked to return this to us as soon as possible so we can begin planning for an even better camp in 1983.

* * *

4-H members with Dairy calves will want to mark the date of Tuesday, August 3 on their calendars. A special dairy calf clinic will be held at the farm of Dennis Torrence from 6:30 - 8:30 p.m. on that date. The clinic will be for all young people (4-H and FFA) interested in showing dairy heifers at this years Five County Fair. Included in this clinic will be selecting dairy calves, training to lead, showing techniques, clipping and washing, etc. Homemade ice cream will be served as refreshments. Young people and their parents are invited.

* * *

The annual 4-H All Star picnic and awards program will be held at Camp Hat Creek this coming weekend July 24-25. 4-H All Stars from East Central District (19 counties will be involved in the program). Included among the Appomattox participants are: Joe Ford, Tamara Nash, Pam Moore, David Caldwell, Cheryl Walton and Laura Walton. The new 1982 4-H All Stars from Appomattox are: Terri Nash, Ruby Smith and Glen McClenny.

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